

Becker's[®] Feelings Matter Puzzle Set

Talking Points and Extension Strategies



*If you're happy and you know it, clap your hands.
If you're sad and you know it, cry boohoo.
If you're angry and you know it, stomp your feet.
If you're silly and you know it, giggle, giggle, giggle.*

Some Key Ideas When Talking about Feelings and Emotions

- Children's social and emotional health impacts their overall development.
- Teachers can create a *positive climate* in the classroom by being aware of children's needs and responding with high levels of sensitivity. This often spills over into children's positive interactions with their peers.
 - Acknowledge children's emotions.
 - Provide comfort and assistance.
 - Provide individualized support.
- Adults can support children's emotional well-being by modeling consistent, positive responses during their interactions with children.
 - Listen to children and give them your attention. Restate what the child is saying so they know you are listening.
 - Reflect the child's feelings and provide children with the language to express their emotions. Often children can feel the physical sensations but don't always have the words to tell us how they are feeling.
 - Use appropriate touch and proximity, calm voices, and staying at the child's eye level
 - Provide thoughtful feedback to children, both verbally and nonverbally.
 - If possible, spend some one-on-one time with a child, deepening that caring and trusting relationship.
- Teachers can intentionally incorporate activities and materials to support children's social and emotional development. Include materials in all learning centers in your room.
 - Children's literature can be used to help children identify with characters, emotions and experiences. Check out some of the suggestions listed in the related materials section below.
 - Plan activities that extend stories that deal with social and emotional topics.

- Take advantage of your daily routines and rituals to embed social and emotional activities. Add an emotions chart as part of your daily sign-in routine and children can choose an [Emotions Pebble](#) or emoji to show their feelings at the start of the day.
- Provide verbal and visual cues so that children can engage in appropriate social interactions.
- Ask questions that encourage children to express their feelings and develop their emotional vocabulary.

Primary Source: Ho, J. & Funk, S. (2018). Promoting young children’s social and emotional health. *Young Children*, 73(1), 1-19.

Talking Points, Conversation Starters and Extensions



- A sweet kiss on the cheek. Oh, that feels so nice.
- Who is the girl kissing? Why do you think she is kissing the woman?
 - Both the girl and the woman look **happy**? What shows us that?
 - What do you notice about their eyes?
 - There are flowers in the background. What color do you see? I wonder what the flowers smell like.
 - When mommy leaves for the day, you can give her a soft kiss on the cheek until you see her again.

This can be a puzzle to use for young children are experiencing *separation anxiety*. Incorporate a simple routine or ritual where the child can give her parent a goodbye kiss. If time allows, the parent can help the child complete the puzzle before heading out, then give a goodbye kiss as the parent leaves.



This little girl has a big smile on her face. I’m so **proud** of my mom. My mom works hard to protect our country and keep us safe.

- Why do you think she is smiling?
- What is she holding in her hand?
- Look at the sleeve of the other person. What do you notice? What type of clothing is that?
- Who might be holding her hands?
- Can you share a time when you felt proud?

This is a puzzle that can be helpful with a child who has a family member in the military. This can help the child make a connection and it can be used to start conversations about many emotions or even a unit on community helpers.



This little girl looks so **sad**. I see grass, so they are outside. I wonder what they were doing before the girl started to cry.

- What is the girl holding in her hand?
- What do you think happened to make her cry and feel sad?
- How can you tell the girl is sad? Look at her eyes and her lips.
- I see a woman holding the little girl. She looks like she is trying to help the little girl stop crying.
- What makes you feel better when you are sad?

A calm attitude, gentle touch and soft words can provide comfort to young children who are sad. Responsiveness to children's needs is shown by providing comfort and individual support.



I feel **silly** today! Oh my gosh, that was so silly! Silly is a funny emotion. It makes us giggle and laugh.

- What do you think this little girl heard or saw that made her laugh this way?
- Did anyone ever tell you a joke that was so silly?
- Can you share a knock-knock joke that is silly?

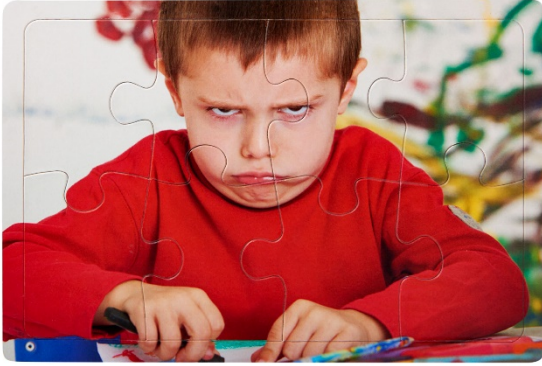
Take another look and you might think the girl is surprised! We can't always read other's emotions, so it helps to talk and ask how someone is feeling. Add [mirrors](#) in your room so children can view their facial expressions and see their body language.



Friends! We love to play with our friends.

- Friends make us smile and feel joyful.
- I feel lucky to have good friends.
- How many children do you see in this picture?
- Look at the children's clothes. What season do you think it is?
- What kind of fun things do you like to do with your friends?

This can be a helpful puzzle for children to think about others in the room or children who have difficulty joining a group. Who is part of their circle of friends? How can we try to include other children so they can feel that joy and energy from playing with friends? This puzzle can also be used to spark conversations about diversity.



Oh boy! Somebody looks really **mad** in this puzzle! There's a whole lot of expression in that face. Take a look at his eyes, and at his puffed-up cheeks, and even his mouth.

- What do you think has made this boy **angry**? Angry is another word for mad.
- Do you notice what he is doing? I see a crayon and paper and it looks like he is coloring a picture. What do you think is he drawing on the paper?
- Let's create a story that describes why the boy is feeling angry.
- How do you look when you're feeling angry?
- What can you do to stop the angry feelings? How can an adult help?
- Let's try to breathe slowly and count to 5 and see if that helps.

This is an excellent puzzle to show children what anger can look like. So often when they are living the angry moment, children don't know what it looks like. The bold image expresses frustration and anger. Is the boy angry because he is frustrated or is he frustrated because he is angry?

Provide children with strategies and spaces to calm down when they are angry. Consider adding a quiet space in your room, such as a [privacy cube](#), where children can take time and space to get calm. Add [mindfulness strategies and yoga](#) into your curriculum to reduce impulsivity..

Add [books](#) to your library that help to identify and show ways to deal with upsetting emotions.

Additional Resources

Center on the Social and Emotional Foundations for Early Learning (CSEFEL)

<http://csefel.vanderbilt.edu/resources/strategies.html#teachingskills>

The National Center for Pyramid Model Innovations

<https://challengingbehavior.cbcs.usf.edu/resources/index.html>

Zero to Three

<https://www.zerotothree.org/early-development/ages-and-stages>

CLASS® PreK: Classroom Assessment Scoring System

<https://teachstone.com/class/>

Related Materials at ShopBecker.com

Item Number

Books

169680	MVP Kids Book Set
BSS652219	Feelings Board Book Set
BSS815125	How Are You Feeling? Book Set
687760K	ABCs of Mindfulness Book Set
600333	All Kinds of Friends Book Set
579649K	Welcome Friends Book Set

Manipulatives and Instructional Materials

871457	Feelings Flash Cards
YUS0357	Talk About Language Cards, How We Feel
853275K	Healthy Mind and Body Card Set
BKB107CDK	Yoga and Mindfulness CD Set
BSS2133	Becker's Mindfulness Works! Card Set
470904	Calm: Mindfulness for Kids
YBE1126	Becker's Mindfulness Pebbles
LFV22214	Emotions Felt Board Set
W33253	My Feelings Puppet Set
PC1905K	Storytelling Friends Puppets
WB3567	Mirrored Emotions
LER3371	All About Me 2-in-1 Mirrors
LG45018	LEGO® DUPLO® Build Me Emotions Set
LER7289	Emoji Cubes
MFB007	My Family Builders Friends Set

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